

Firemen Shine up Engines For Visit to City Homes



(Herald Photo) SHINE TIME . . . Getting all set for visits to Torrance homes during Fire Prevention Week, starting next Monday, are members of the local fire department who give their new engine the once over. Captain Joe Warren, right, directs the polishers. Fire-fighters will explain to householders proper and safe hours for burning in incinerators.

Sparked by the slogan, "Grow Up, Don't Burn Up," members of the Torrance Fire Department will take to the highways next Monday to take an active part in National Fire Prevention Week, Oct. 3-9.

Fire Chief J. J. Benner said the men on the red engines will cruise the city, knocking on doors, and talking to citizens. The back-yard incinerator, cause of many fires, the fire official said, will be a No. 1 target in the preventive visit.

Small cards telling exact burning hours will be given each household; also, firemen will answer questions relating to poor placement of incinerators, improper construction, and other hazards.

The radio-equipped engines will constantly be on call to roll away to a fire while they are touring the neighborhood. It is the first home-to-home visit for Torrance firemen. Both Los Angeles County and City departments have used the "visiting firemen" technique successfully for many months.

Chairman Named
Mrs. Ann Coker, of 5037 Sunview Ave., has been named chairman of the Committee to Elect Mildred Younger State Senator from Los Angeles County. It was announced this week.

Television Set Taken
Entry apparently was made through an unlocked window by burglars who hauled off a 17-inch television set from the R. G. Paterson home, 18205 St. Andrews Pl., police reports show. The theft occurred Tuesday.

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Junior's Energy in Afternoon Dependent on His Packed Lunch

By BOY O. GILBERT, M. D.
Los Angeles County Health Officer

Now that school days are here again, most mothers are faced with the problem of the home packed lunch.

The importance of such a lunch is reflected in the fact that the energy that a child has in the afternoon depends largely upon what he eats at noon. Thus it can be understood that a packed lunch is as important as breakfast or dinner, and, if planned from the standpoint of good nutrition, it should supply about one-third of the health foods needed during the day.

Nourishing liquid foods such as milk, fruit juices, and hot soups are too often overlooked in the packed lunch, despite the fact that they can be easily carried in jars or thermos bottles. Custards and other milk dishes as well as fruit preparations can

be securely packed. Hot soups, especially those containing milk, are of particular value during the cooler seasons of the year.

Fruits Necessary
Raw vegetables and fruits are necessary in a well balanced diet, and the packed lunch offers an excellent opportunity to use these foods. At the present season fruits such as grapes, apples, peaches, pears and plums offer a good variety of flavor and color. Sandwiches, of course, are usually the foundation of the packed lunch. Whole wheat or enriched white bread will help to supply minerals and vitamins. The protein requirements of the body are most easily taken care of in sandwich fillings. Meat, eggs, cheese, fish, and peanut butter can be used separately or they can be combined with pickles, celery, catsup, chopped vegetables, spices, fruits, and various other foods to provide variety.

King Back In Town for Big Ballot Push

Congressman Cecil R. King arrived back in town from Washington last week and will get into a full-scale campaign for re-election, it was announced yesterday.

King will attend eight home meetings in the Torrance, Wilmington and Inglewood sections beginning tonight, Saturday the Congressman will be honored at a campaign kick-off dinner in Gardena.

He will present the facts on issues of world, national, and local importance to the voters of the 17th District, it was stated.

In other schedule events, King will inspect defense plants and meet with district city officials on matters now under consideration in Washington.

More Lunches Balanced
Here are a few tips to the person who has to plan the packed lunch. Plan your lunch menus at the same time you plan other meals if you want to be sure that the day's diet is a balanced one. Plan to prepare some foods such as sandwich fillings, puddings, and fruit dishes the day before. Butter should be creamed well before spreading and should be applied to both sides of bread in order to prevent soaking from the filling. Remember, foods with variety in flavor and color add more interest to the lunch and do much to prevent the monotony of preparing or eating the "same old lunch" every day.

Further information on the preparation of healthful and appetizing lunches may be obtained by sending a card of request to the Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles, 12.

Jack Williams Gets Sergeant Promotion

A Lomita man, Jack C. Williams, 23, has been promoted to sergeant while serving as a food inspector with the Army's 6006 Service Unit at Fort Lewis, Wash.

The son of Mr. and Mrs. Wilbur R. Williams, of 25100 Cypress Ave., Lomita, he entered the Army last October and completed basic training at Ft. Ord, Calif. He is a 1953 graduate of the University of Southern California.

Ashe, Perrine Begin USMC Recruit Drill

Two men from the Torrance area are currently taking Marine recruit training in San Diego.

James G. Perrine, of 3315 Dalemead St., and Larry W. Ashe, son of Mr. and William M. Ashe, of 1120 W. 24th St., Harbor City, recent enlistees in the Marines, will report to Camp Pendleton when they complete their training.

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Graham Crackers Patches Gold 1-lb. pkg. 29¢

Cinch Cake Mix White, Devil Fudge, Golden. 17-oz. pkg. 35¢

COTTAGE CHEESE Lucerne Blossom Time Best you can buy! Cream, Farmer, or Chive Style. pint carton 19¢ (Farmer, Cream, 1/2 pint ctn., 11¢.)

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Instant Puddings 3 pkg. 28¢

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Black Pepper Crown Colony 1 1/2-oz. can 18¢

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